



**GRŴP IECHYD A DIOGELWCH GOGLEDD-ORLLEWIN
CYMRU
NORTH WEST WALES HEALTH & SAFETY GROUP**

Wednesday 8th October 2014 - 2.00pm – 4.30pm

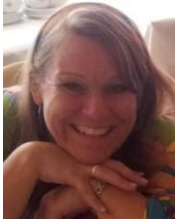
Main Lecture Theatre, Ground Floor, School of Electronic Engineering, Dean Street, Bangor LL57 1UT

“DSE – Beyond the Basics”

Debbie Pettitt DipRGRT MCSP

Consultant at Posturite Ltd

THE SPEAKER



Debbie Pettitt is a member of the Chartered Society of Physiotherapy and holds a diploma in Remedial Gymnastics and Recreational Therapy as well as City and

Guilts 7307 teacher training qualification.

She has vast teaching experience in anatomy and physiology, the treatment and management of injuries and first aid, and conducts a range of training on a regular basis including DSE, manual handling and first aid, in addition to workstation and specialist assessments.

THE TALK

The Health and Safety (Display Screen Equipment) Regulations 1992 aim to protect the health of people who work with DSE. The Regulations were introduced because DSE has become one of the most common kinds of work equipment.

That doesn't mean that DSE work is risky – it isn't. Upper Limb Disorders (ULDs) can be avoided if users follow effective practice, set up their workstations properly and take breaks during prolonged use. By just taking a few simple precautions, work with DSE can be more comfortable and productive.

This talk will cover:

A short recap of the DSE regulations

- Who and what is covered and what is expected from the employer

Refreshments will be provided from 2.00pm.
Talk starts at 2.15pm.

Common problems in the office

- from single offices to open plan

Current issues including:

- dual/Touch screens
- home/ mobile workers
- laptops
- hot desking

New solutions:

- Ergonomic Chairs – from kneeling to seated
- Workstations - from seated to standing
- Input Devices – from flat to vertical mice and flexible keyboards
- Accessories – from document holders to monitor risers and flexible holders
- Stands and Supports – for equipment and people

Assistive Technology

- Voice activated and other software

Back to basics for the future?

- What does the future hold for the Regulations – will they be reviewed?

And will include a demonstration of new products and solutions to workstation set up challenges.

For further Information:

<http://www.hse.gov.uk/msd/dse/>

<http://www.posturite.co.uk/>



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VENUE

The Main Lecture Theatre is on the ground floor of Bangor University's School of Electronic Engineering Building (*this building may also be referred to as 'Informatics'*), which is located on Dean Street in Bangor LL57 1UT. The Lecture room is accessible via the main entrance and then follow the directional signs on display.

The University is signposted from the A5/55 Expressway. A location map for the School of Electronic Engineering building can be found at: <http://www.bangor.ac.uk/tour/LocationMap.pdf> position 74.

CAR PARKING

Please be aware that you can access the University Dean Street Car Park by entering the following PIN number: **4370** at the Barrier. This **PIN number** will only work for this Car Park and only on the afternoon of the Talk and should not be disclosed / displayed to other people.

Coming from Garth Road onto Dean Street, the entrance to the Car park is the second access road (unmarked – enters into University premises) on the left opposite the new NCP car park.

Please ensure you park within designated car parking spaces and display your Permit. The Car Parking Permit is printed at the bottom of this Flyer and must be displayed in the front windscreen. The University operates strict *Parking Regulations* and your vehicle may be towed-away immediately if blocking access or pedestrian routes or otherwise causing a health and safety hazard. Vehicles parked without a valid Permit may be immobilized and a cost is associated with its release.

FURTHER INFORMATION

For further Information on the Group please contact 'Health and Safety Services', Bangor University, Penbre, College Road, Bangor, LL572DG Tel 01248 383847, email: lisa.fowlie@bangor.ac.uk or visit the Website at <http://hsgroup.bangor.ac.uk>

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CAR PARKING PERMIT



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DYDDIADAU/DATES: 08/10/2014

A warm welcome is extended to all Members and non-members with an interest in this subject.